



Sheila Dixon

*Mayor,
Baltimore*

250 City Hall • Baltimore Maryland 21202
410-396-3835 • Fax: 410-576-9425

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CONTACT:
Anthony McCarthy
(410) 869-6079 (Cell)

Mayor Dixon Announces Launch of Health Meals Initiative

Baltimore, MD (September 10, 2007) – Mayor Sheila Dixon and the Baltimore City Commission on Aging and Retirement Education (CARE) announced the launch of a new nutritional and healthy meals initiative for the older adults we serve in Baltimore.

“The Health Eating Program was created for the increasingly diverse individuals coming to our senior centers,” said Mayor Dixon. “This is an excellent example of how CARE works with people to make Baltimore senior services as welcoming as possible.”

The “Healthy Eating: Alternative Nutritional Choices” Program will begin on Wednesday, September 12, 2007 at Waxter, Oliver, Sandtown and Hatton Senior Centers. For the first three months on a designated day each month menu choices will include an ethnic meal, salad entrée meal and a regular hot meal. Authentic ethnic menus will include Hispanic, Korean or Chinese. Participants will be asked to make a reservation in advance for the menu of their choice. All menus will meet the nutritional guidelines of the Older Americans Act and the Maryland Department of Aging. Social ethnic programming will be provided in conjunction with the meals.

QUOTE FROM JOHN STEWART

The “Healthy Eating: Alternative Nutritional Choices” Program will be evaluated after the first three months for future implementation. Questions about the Health Eating Program can be directed to CARE’s Nutritionist, Rona Martiyan, MS, RD, LDN at 410-396-4932 or rona.martiyan@baltimorecity.gov.

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